

Breakfast in the Classroom



BREAKFAST SERVICE MODELS

How Does Breakfast in the Classroom Work?

Just as the name implies, students eat breakfast in the classroom at the beginning of the school day or during morning break time. Breakfasts are individually packaged in easy to grab bags. Breakfasts can be either hot or cold, depending on a school's facilities. Breakfast in the Classroom can be offered three ways:

1. Students can stop by the cafeteria and pick up their breakfast in grab 'n go containers, along with milk and juice and then go to class.
2. Breakfast can be delivered to the students in the classrooms on carts.
3. A student representative can go to the cafeteria, pick up the breakfasts, and take them back to the class in a cart or wagon.

Little teaching time is lost, as breakfast only takes 10 to 15 minutes for the students to eat. Many teachers use this time to take attendance, collect homework, deliver announcements or read to the class. Many teachers feel this is a valuable use of time and that their classes are more productive when students start their day with a healthy breakfast. Many teachers state that the time spent in Breakfast in the Classroom is more than made up in the quality of the instruction throughout the day. After all, well-nourished students learn better.

Students are responsible for throwing away their trash into trash bags provided by the school food service or custodial staff. Classroom representatives return the trash bags to the cafeteria or leave it in the hallway for the custodial staff to collect.

Why Serve Breakfast in the Classroom?

Most importantly, when breakfast is served in the classroom, more students eat breakfast. Breakfast in the Classroom is a great way to reach students who do not have time to eat before school, or who are not able to get to school in time for breakfast, when it is served before classes start. In some cases, schools do not have a space that is available or large enough to serve breakfast. Classrooms are familiar to students and offer a comfortable environment for eating and learning. Breakfast in the classroom is convenient and can be prepared quickly, with little extra cost on labor or equipment.

When Does Breakfast in the Classroom Work Best?

Breakfast in the Classroom works particularly well in elementary schools. Breakfast in the Classroom also works best in schools with the following characteristics:

- Students are in the same room at the start of each school day.
- Busses arrive just before classes begin.
- Teachers are supportive of breakfast and realize its importance to learning.
- There is no space to serve breakfast.
- The cafeteria is centrally located.